

Friday, 9 February 2024

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A University of Kent Academies Trust School

Dear Parent/Carer,

Children's Mental Health Support Week

As we arrive at the end of another busy term, we would like to take this opportunity to thank our parents and carers for your ongoing collaboration in your child's education.

We write this letter during [Children's Mental Health Week](#) to highlight two things that are extremely important to our community. The first is mental health awareness and support. Recognising the value and significance of this support, we are committed to promoting mental wellness and offer a range of associated services. In addition to our in-house counsellor, therapy dogs and [ELSA](#) provisions, we work with [MIND](#), [Kooth](#) and other external agencies to ensure we provide a comprehensive support service for our young people.

Included with this letter are some resources that you may find useful, and further information for parents/carers and students is always available from our Student Hub.

Secondly, to further support our students, and to ensure we provide a holistic Personal Development programme for all, we are committed to providing a range of extracurricular clubs, presenting opportunities for students to explore their varied interests, develop new skills and foster meaningful connections with their peers. These clubs serve as an extension of our commitment to providing a well-rounded education that prepares students for success in all aspects of their lives.

Please find below further details of the clubs available and their timings. Should there be any other clubs/activities you believe our young people may benefit from, please do not hesitate to let us know at officecg@universityofkentacademiestrust.org.uk.

We wish you all a wonderful half-term and look forward to welcoming our students back to the academy on Monday, 19th February at the usual time.

Yours sincerely,

Emma Perkin
Vice Principal for Inclusions

Barry Grimes
Associate Assistant Principal for Houses and Student
Leadership

My VOICE MATTERS

Place2Be's
CHILDREN'S MENTAL HEALTH WEEK

TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe - "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour. and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

Here's what children and young people told us they need from you:

- 1 We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- 2 I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3 Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4 Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5 Don't compare my experiences to your own when you were a child.
- 6 Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- 7 Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8 If you are open with me about your feelings, this can help me to be more open about mine.
- 9 Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- 10 Sometimes a hug is all it takes to make me feel supported.



WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

[For primary children: bit.ly/3PzCG18](https://bit.ly/3PzCG18)

[For secondary children: bit.ly/3LBD2wK](https://bit.ly/3LBD2wK)

CHILDRENSMENTALHEALTHWEEK.ORG.UK

My VOICE MATTERS



CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...



TELL ME ABOUT YOUR DAY

WHAT WAS THE BEST THING ABOUT TODAY?

WHAT IS THE BIGGEST STRESS / WORRY IN YOUR LIFE RIGHT NOW?

WHAT'S YOUR ONLINE LIFE LIKE?



WHO WOULD YOU TALK TO IF YOU WERE FEELING WORRIED ABOUT YOUR MENTAL HEALTH?

WHAT CAN I DO TO HELP YOU?



CHILDRENSMENTALHEALTHWEEK.ORG.UK

Support services available to families

Service	URL	Referral methods
Kooth – Online mental well-being service including counselling	www.Kooth.com	Self-referral
Emerge- supporting young people's wellbeing including self-harm based at Medway Hospital.	https://emergeadvocacy.com/	Self-referral
Medway Council- Family help and support	https://www.medway.gov.uk/info/200307/local_offer/823/family_help_and_support	Parent/Carer
Mind – A charity designed to support and provide information about mental well being	www.mind.org.uk	Parent/Carer
NELFT – Kent Children & Young People's Mental Health Service	www.NELFT.nhs.uk	Parent/Carer/School/GP
Medway SENDIAS – Impartial SEND information and support	https://www.family-action.org.uk/what-we-do/children-families/send/medway-sendias/	Parent/Carer
Legends Programme – Weekly group for all students aged 7–17-Year-olds (Sport, Life skills, Residential Trips etc.)	www.ylf.org.uk/legends	Parent/Carer
Home Start – Support in your own home, including listening, adult company, reassurance, practical help, accessing other services	https://home-startmedway.org.uk/support/	Parent/Carer
Early Help – Help with education, relationships, wellbeing, anti-social behaviour, domestic violence or abuse	https://www.medway.gov.uk/info/200170/children_and_families/322/early_help_for_families	Parent/Carer/School
Medway Community Healthcare – Community Healthcare services for people living in Medway.	https://www.medwaycommunityhealthcare.nhs.uk/our-services/a-z-services/child-health-service/parent-support-services	Parent/Carer
Foundation Kent – Charity aims to support those family breakdowns, separation and divorce.	https://www.foundationkent.uk/	Parent/Carer
Medway Counselling (Paid for by Parent/Carer)	http://medwaycounselling.co.uk	Parent/Carer
Kent Resilience Hub - Resources for parent/carer supporting children and young people	https://kentresiliencehub.org.uk/parent-carers/resources/	Parent/Carer
Action for Children –Support with all aspects of parenting	https://parents.actionforchildren.org.uk/	Parent/Carer
KELSI - Children and Young people – health and well-being – including eating disorders	https://www.kelsi.org.uk/support-for-children-and-young-people/health-and-wellbeing/children-and-young-peoples-mental-health-service	Parent/Carer/School
Childmind - Parent/Carer guide to children, young people with OCD	https://childmind.org/guide/parents-guide-to-ocd/	Parent/Carer
Rethink - Parent/carer support with people with Mental Health Illness	https://www.rethink.org/help-in-your-area/support-groups/medway-area-rethink-support-group-mars/	Parent/Carer

Charlie Waller Trust – provides information and resources for parents and young carers with mental health issues	https://www.charliewaller.org/	Parent/Carer
Child Bereavement UK – support with grief for young people	https://www.childbereavementuk.org/	All
Information, Advice and Support Kent – Support for all your families Health and Wellbeing	https://www.iask.org.uk/young-people/health-and-wellbeing-2/	Parent/Carer
MCH – Children and Young Persons Activities in Medway	https://www.medwaycommunityhealthcare.nhs.uk/our-services/a-z-services/child-health-service/holding-hands/teenager-activities	Parent/Carer
Papyrus UK- Prevention of Young suicide	https://www.papyrus-uk.org/	Parent/Carer/ Young person
Youth Club for Children, Young People who have Autism	http://www.medway-magic.org/what-we-do/youth-club/	Parent/Carer

Academy Clubs 2023/2024

Term 4

Day	Club	Year	Time	Venue	Staff
Monday	CCF	All	3.15-4.30pm	Dance Studio	PKN
Tuesday	Maths Support Group	All	8.00-8.20am	Maths	HOD
	French	11	8.00-8.20am	H12	ISA
	Choir	All	3.15-4.15pm	S04/Main Hall	SRO
	Badminton	All	3.15-4.15pm	Sports Hall	EBU
	Further Maths	Invitation only	3.15-4.15pm	Maths	HOD
	IT	7-9	3.15-4.15pm	H17	DAL
	Textiles	9	3.15-4.00pm	T04	SWE
	Page to Screen	9-11	3.15-4.15pm	S03	EWA
	GCSE PE Exam Support	10	3.15-4.15pm	Sports Lobby	JLE
	Young Enterprise	10	3.15-4.15pm	R01	ESA
	Psychology	11	3.15-4.15pm	R02	LSH
	GCSE PE Exam and Coursework Support	11	3.15-4.15pm	Sports Lobby	JWA
	GCSE Maths Support	11	3.15-4.15pm	Maths	HOD
	Business	11	3.15-4.15pm	H17	DAL
	Sociology Support Sessions	11	3.15-4.15pm	L02	HCO
	Economics	12-13	3.15-4.15pm	H17	DAL
Wednesday	German	11	8.00-8.20am	H09	DCH
	Creative Writing	All	3.15-4.15pm	Library	BGO
	STEM	All	3.15-4.15pm	L09	EMU
	Page to Screen	7-8	3.15-4.15pm	E03	HKE
	Science Support	11 & 13	3.15-4.00pm	L03	DMA
Thursday	Spanish	11	8.00-8.20am	H08	HDI
	Knitting and Crochet	All	3.15-4.15pm	S06	MWO
	Fitness-use of gym equipment	All	3.15-4.15pm	Fitness Gym	JWA
	Orchestra/Band	All	3.15-4.15pm	S04	SRO
	History	All	3.15-4.15pm	H07	SLO
	Bronze DofE	All	3.15-4.15pm	Dance Studio	GMA
	Aspiring Healthcare Professionals	9-10 (Registered members only)	3.15-4.00pm	Teams Group	DMA
	Handball	9-11	3.15-4.15pm	Sports Hall	EBU/JLE
	Health and Social Care Coursework Support	10-13	3.15-4.15pm	R04	SPA
	Netball	12-13	3.15-4.15pm	Sports Hall (Brompton)	Coach
	Psychology	13	3.15-4.15pm	R02	LSH
Friday	Med Society	12-13	12.00-1.00pm	Library (Brompton)	Students
	Digital Art	All	2.10-3.10pm	Library	BGO
	Green Team	All	2.10-3.10pm	H02/03	ACY
	Dodgeball	7-8	2.10-3.10pm		JLE
	The Power Project	All	2.15-3.15pm	S05	BGR
	Science Support	11	2.15-3.00pm	L03/07	DMA/RLY